

Friendship Heights
Village Center



Calendar
of Events 2005

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	2 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Sounds East	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Shall We Dance?	4 9 a.m.- 12 p.m.: AARP Tax Assistance 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	5 8:15 a.m.: Walking Club
6 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	7 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: “Something Will Come Along” Malcolm Lawrence 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	8 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	9 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Health Insurance Counseling 1 p.m.: Suburban 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Spice of Life	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:30: Book signing with Warren Getler	11 9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m. – 2 p.m.: Flu Shots 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	12 8:15 a.m.: Walking Club
13 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	14 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	15 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:45 a.m.: Depart for Spy Museum 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 4 p.m.: Concert: Silver Strings	16 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Portraiture in Pencil and Pastel 1:30 p.m.: Vision Transitions 7:30 p.m.: Concert: The May Knott Trio	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:30 p.m.: Café Muse	18 9 a.m.- 12 p.m.: AARP Tax Assistance 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Concert: Marjorie Spector	19 8:15 a.m.: Walking Club
20 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	21 President’s Day Center Open 9 a.m. – 2 p.m. 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training	22 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	23 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 12 p.m.: African-American History Month Program 1 p.m.: Conversational Spanish 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Kristin Jepperson	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:15 p.m.: Movie: The Notebook	25 9 a.m.- 12 p.m.: AARP Tax Assistance 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	26 8:15 a.m.: Walking Club
27 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	28 9:15 a.m.: Fit-4-Ever 10: a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 7:30 p.m.: “The Oscars” with Murray Horwitz					

Celebrate African-American History Month

The U.S. Parole Commission will host its 12th Annual African-American History Month program at the Village Center on **Wednesday, Feb. 23, at 11:30 a.m.** The theme of this year’s program is “The Niagara Movement.” All are invited to attend; registration is not necessary.

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH’S SPECIAL LUNCH AND CONCERT

February’s special lunch, prepared by Sherise Campbell of Brighton Gardens, will be held on **Friday, Feb. 18, at 12:15 p.m.** The menu will be sweet and sour meatballs, wild rice, buttered peas, salad, and cherry pie for dessert. The cost is \$7, which must be paid when you make your reservation. Please reserve your seat by Wednesday, Feb. 16.

After lunch, please stay to enjoy pianist Marjorie Spector in concert at **1 p.m.** She will perform an interactive program entitled “A Stroll Along Broadway,” highlighting various musicals.

